



## Heart Smart Challenge

February 2<sup>nd</sup> – February 27<sup>th</sup>, 2015

The **Heart Smart Challenge** is a 4 week program designed to help you build two key heart smart activities into your life: physical activity, and a healthy diet.

**How the Challenge Works** – Earn 1 challenge point per activity per day for each of the following (max of 4 points per day).

- ♥ Eat 3 or more servings of vegetables
- ♥ Eat 2 or more servings of fruit
- ♥ Eat 2 or more servings of whole grains
- ♥ Exercise 30 minutes or more

### How to Track Points

- ♥ Track your activity online at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) or use the Mya app.
- ♥ You can also use the paper tracking form for convenience.
- ♥ **Your goal in this Challenge is to accumulate at least 60 points.**
- ♥ Be sure to record all activity points online by Friday, March 6<sup>th</sup> and your 5 HealthQuest Credits will be automatically recorded.

**Did you know that heart disease is the #1 cause of death in America? Join the challenge to get **Heart Smart!****

**Are you doing what you can to protect your heart? The good news is that a few lifestyle changes can make a big impact on the health of your heart. This challenge can help you take simple steps to practice heart-healthy behaviors and reduce your risk for heart disease.**



[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)